

## Feeding Other Foods Low in Essential Nutrients (AK 49-USDA 416)

<b>Explain to Participant</b>	You're enrolled in the WIC program today because you have been feeding your infant foods that will not help her grow or stay healthy. If your baby eats poor quality foods, she will not have an appetite for the important foods such as mother's milk, iron-fortified formula, strained vegetables or infant cereal. Some "grown-up" foods and beverages may even be harmful to babies.	
<b>Goal</b>	The goal is to discourage the use low quality foods in infancy and to assure the intake of adequate nutrients with age-appropriate foods and beverages.	
<b>Suggestions for Reducing Risk</b>	<p>Infants up to one year of age should consume <math>\geq 24</math> ounces of iron fortified formula <b>OR</b> receive breast milk 4-5 times in 24 hours</p> <p>Never feed an infant any beverages containing caffeine, such as soda, tea or coffee. Offer no more than 4-8 ounces of water per day to infants. Water is appropriate only for infants who have already started taking solid foods or in very hot weather. Babies should never be given foods such as sweetened beverages, chips, candy, ice cream, cakes or canned soups and stews. These foods may be too high in salt, fat and sugar for the an infants immature kidneys and digestive system.</p>	
<b>Nutrition Education Material Suggested</b>	<p>Explain the nutrition education material suggested.</p> <p><b>Food for your Baby's First Year</b></p>	
<b>Explain Applicable WIC Foods</b>	<b>WIC Foods</b>	<b>Nutrients Provided</b>
	Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
	Iron Fortified Infant Cereal	Iron
	WIC Juice	Vitamin C
<b>Explain What the WIC Nutrients Can Do for You!</b>	<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	<b>Iron</b>	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.
<b>Materials with More Information</b>	Bright Futures for Infants	